Fe*Mail!™

DC's Most Personal Publication
For Lesbians Of Color
$3.00 per issue • $20 yearly subscription

Pat Borah, Publisher **Project of MB! Publishing**

Photo by Franq 301-239-7398*33

May 1996

Special Black Lesbian & Gay Pride
with Calendar of Events

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Big Will Productions

in conjuction with

The Women-At-Large

presents their annual

Fun in the Summertime

Picnic

at

Fort Washington Park
Fort Washington, Maryland

Sunday, June 23, 1996

11am-7pm

free Hot Dogs, Sodas and Beer
while they last!!!

Bring your picnic baskets, games for a fun-filled Sunday evening!

For further information please contact Willette at 202-398-7866 or any Women-At-Large member Joann, Zina, Patrice or Neicy at 301-303-2518 #10

Spring is in the Air..... Take a Break!

Margo L. Williams & Cheryl D. Reese

How do you decide when it is time for you to take a break from your everyday routine? Or perhaps the question to ask yourself is do you deserve to put some time aside and take a few days off to "exhale"? Now that Spring has peeked her head around the corner, why not come up for a breath of fresh Spring air by taking a moment to just get away.

If you are in a relationship, when was the last time you and your partner aligned your schedules so that you could get away and spend time just gazing in one another's eyes? or sleep late and then enjoy breakfast in bed or a walk along the beach.? So many of us use the age old excuse of "we don't have time"? Since we're only given this one moment, when will you take time?

We believe that YOU are important enough.....to take care of yourself, therefore, in a relationship you both must value yourselves enough to recognize the need to take a short recess from the strains and stresses of your schedule and just RELAX. Perhaps, you might want to have a "no responsibility day" as we recently overheard someone say.

The first issue for many of us, is the money. Yes, a short trip or any "activity" may involve a financial investment. We must determine at what point in our lives are we willing to set aside the money for an important product like ourselves and create the opportunity to stop and smell the roses or at least pick up a rose along life's way.

You and your honey may decide to stay home and just be available to each other. Such a decision can still lead to a romantic getaway from the normal routine. Let's examine both opportunities for rest and relaxation. Begin by turning off the telephones, beepers and cell phones.

A beautiful idea may be to begin your romantic weekend or retreat with a at home visit by a masseuse followed by a catered dinner. The team of Fleming & DACO, Inc. have joined forces and offer an incredible night to remember. The evening begins with a 50 minute massage for each individual and a gourmet meal prepared in your home. The fee includes a full clean up. The rest of the evening is open...and just think of the possibilities. For further information please call 301-454-5390. The next day may find the two of you strolling through the botanical gardens amid hundreds of beautiful varieties of flowers and plants. Or perhaps a short trip to Baltimore and a walk along inner harbor as the cool breeze crosses your face, visit to the Aquarium there and top the weekend off with Sunday Brunch high over the city at the Hyatt overlooking the harbor.

Less than two hours away is the gorgeous Coolfront Resort at Berkley Springs, West Virginia. A chalet is certainly

Specializing in Womyn of Color Issues

"Affirming Choices / Exploring the Silent Pain"

Margo L. Williams, M.H.S., LPC

Psychotherapist

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(301) 952-9456
Fax (301) 952-9459

Continued on page 6

The Mautner Project

for Lesbians with Cancer

202-332-5536

Thursday, May 23, 1996 - 7:00p.m.

presents a workshop for all **women who partner with women** entitled, "The Environment Factor" This workshop will explore the connection between **breast cancer and the environment.** The presenters will also discuss early detection methods and teach **breast self-exam.** The workshop is **free**, and free snacks will be served. The location is wheelchair accessible and sign language interpretation will be provided if a week's notice is given. The workshop will be held at:

LAMMAS WOMEN'S BOOKS and MORE

1426 21st Street, NW at P Street. **(Dupont Metro)**

Please call D. Magrini at the Project for more information.

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eligibility Requirements:

1. **Home must be located in DC**
2. **You must be a FIRST TIME BUYER**
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4. **Maximum household income of $62,700**

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- **MUCH, MUCH MORE!**

***and,* THESE HOMES ARE LOCATED IN SOME OF DC'S DESIRABLE NE,NW,SE,SW**

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The Buck Stops Here.....

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THE EDGE
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202-488-1200/202-610-3343

the new **Hot Spot!**
featuring

Ladies Night

Every **Thursday** Night
beginning May 16

10pm-3am $6 cover

M.C. Willette Griffin

Erotic Dancers Mini Show Cash Bar

"SPECIAL GUEST DJ"

Plenty of Dancing after Show

Photos by: Virgo Vision

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courtesy escorts to your car by request

Spring is in the Air..... Take a Break!

the way to go when visiting Coolfront. It boasts of a Jacuzzi tub on both floors of the chalet, a small sitting space and kitchen area, however, there isn't a stove. No television or telephone. The package includes two meals a day. Super spa facility with massage and hydrotherapy activities is available for a fee. Spring is a wonderful time to visit West Virginia, for more information call 1-800-888-8768. The best rates are mid-week.

...take a short recess from the strains and stresses of your schedule and just RELAX

A womyn's only Bed and Breakfast located in St. Michael's Maryland offers spectacular sunset views of the Eastern Bay. Access to a private beach area or sitting on the deck by the pool provides refreshing relief from the humdrum of the work week. Call for reservations at 410-745-3422.

As you know in this area the Delaware Beaches, Atlantic City and Ocean City are also fantastic ways to relax and are short distances from this area. We have found that our greatest rates and the most privacy are derived from the midweek jaunts as opposed to getting away on the weekend. However, don't let anything stop you. The surprise is, just a couple of days away feels as though you took a week off. Hey, take a tip, do yourself or you and your partner a favor.....Take a Spring Break!

To Submit Articles for Publication
Fax them to: 202-265-2608

BLACK GAY PRIDE IN WASH. DC

Friday, May 24th & Sunday, May 26th
Robyn Holden
&
Greg Hutchings

FRIDAY NIGHT ↕ **GET MET PARTY I.**

SUNDAY NIGHT ↕ **GET MET PARTY II.**

OUT OF THE BLUE
915 U ST. N.W.

Doors Open Friday 9PM Until
Doors Open Sunday 5PM Until
6 Dollars
For Advance Tickets Contact
202-396-3729 or 202-543-7903

Robyn Holden
6th Annual
Memorial Day
PICNIC IN THE PARK

Monday, May 27, 1996
Rockcreek Park
16th & Kennedy N.W.
Lots 23 & 24
10 am until sunset

Designed by Robert DeLoatch, 1996

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BLACK LESBIAN AND GAY PRIDE

SCHEDULE

compiled by Gregory Hutchings - pres

FRIDAY, MAY 24

A Special Ladies Night at the Edge Pride Kick-Off Party
Hosted by Willette & Buck $5 56 L Street, SE
10pm-3am

Black Pride Kickoff Reception
6pm-9pm $25 Contact: 202-722-4780
Black Gay and Lesbian Leadership Forum Fundraiser
8pm-Midnight Contact 202-736-3729

Welcome to DC Party
Circle Bar - 1629 Connecticut Ave NW Dupont Metro
Hosted by Sophisticated Ladies and Kayo Productions

Pride Kick-Off Party
Diversate 1526 l4th Street, NW 10pm-3am
Hosted by Women in the Life

SATURDAY, MAY 25

Black Pride Cultural Art Festival $10

10am-5pm contact 202-722-7280

Family Reunion - 4th Annual Jazz Brunch
Georgia Ave Cafe 2225 Georgia Ave 12pm-4pm
Hosted by Greg Hutchings

Wet Afternoons
Wet - 56 L Street SE Exotic Female Dancers in Showers
3pm-7pm $10
Hosted by Sophisticated Ladies

Feminine Bonding
Jennies Show Lounge 19pm-4am $10
Waterside Mall , SW
Hosted by Sophisticated Ladies

Weekend Special - 6th Annual Cookout
Hosted by Robert DeLoatch & Friends
3pm-until

VEEKEND 1996 - WASHINGTON DC
EVENTS
ed to you by Fe*Mail Magazine

Gospel Concert

featuring Julia Nixon - Hine Jr. High School
8th & Penn SE Hosted by Inner Light Fellowship Church
7pm-10pm $10

Female Bonding Affair

Jennys Show Lounge 4th & M Street, SW
Hosted by Sophisticated Ladies
10pm-4am $10 $7 w/WET coupon Cont: 202-788-1866

Black Pride Boat Ride

$25 for first 250 tickets
Spirit of Washington - Waterfront
11pm-2:30am Contact: 202-722-4780

BLACK GAY PRIDE AFTER PARTY

The Edge - 56 L Street, SE $10
8pm-until feat: live performances and out-of-town DJ's

SUNDAY, MAY 26

Black Pride Prayer Breakfast
9am-11am Contact 202-722-4780
Unity Spiritual Celebration
Hine Jr. High 8th & Penn SE Con: 202-554-6588

BLACK PRIDE OUTDOOR FESTIVAL

Banneker Field 12pm-8pm $5

Get Met Party II Out of the Blue

915 U St, NW Hosted by Robyn Holden & Greg Hutchings

Basic Black IV (The Sunday Alternative Party)

The Edge -56 L Street, SE $10 8pm - until 202-488-1200

After Pride Party

Hosted by Women in the Life 911 F Street, NW
10pm-3am Babylon Night Club

Annual Larry Spivey Picnic in the Park

Rock Creek Park Lot 23 & 24 10am Free Admission

Sophisticated Ladies Production's Events for Black Lesbian & Gay Pride May 96'

BLACK PRIDE WEEKEND 96'

Friday, May 24th

Sophisticated Ladies & Kayo Productions'
Welcome to Washington Party
The Circle Bar
1629 Connecticut Ave., NW
10pm - 4am
Free Give-a-ways, win VIP Weekend Passes
$8 cover
Guest DJ, 1 blk from Dupont Circle Metro
202/788-1866 info.

Saturday, May 25th

Sophisticated Ladies Productions'
Soft-N-Wet 1997 Calendar Autograph Signing Party
The WET
52 L Street, SE
3pm - 7pm
Come see our Calendar Girls dance live in open showers
Free food give-a-ways
$10 cover
DJ: Kathy, 1 blk from Navy Yard Metro
202/788-1866 info.

Sophisticated Ladies Productions'
Feminine Bonding Party
Jennies Show Lounge
Inside Waterside Mall, SW
10pm - 4am
Receive $3 off if you attended the WET Calendar Party
$10 cover
DJ: India, in front of Waterside Mall Metro exit,
5 levels of secured underground parking
202/788-1866 info.

Sunday, May 26th

Sophisticated Ladies Productions'
After Pride Party
The Hung Jury
1819 H Street, NW
8pm - 3am
Come see our Soft-N-Wet Calendar Girls perform live
Win Autographed 1997 Soft-N-Wet Calendars
Showtime: midnight
$7 cover
DJ: Smooth', 1 blk from Farragut West Metro
202/788-1866 info.

KAYO Productions & ATIRA Interprises'
After Pride Tea Dance
Georgia Cafe'
2225 Georgia Ave, NW
(across the street from Banneker field at the Howard Inn)
5pm - 11pm
$6 cover
DJ:Cameron from NYC
202/399-7459 info.

Woo-Babi Presents
A Spring Country Western Round-up

Sunday May 26, 1996

Days Inn Saloon

2700 New York Ave., N.E., Wash., D.C.

10:00 p.m. - 3:00 a.m.

hearty vittles — saloon prices on bar

entertainment by

Mae West, Miss Kitty, Annie Oakley

Special Appearances from

The Biggest Whorehouse in D.C

Tickets **$12.00**/advance **$15.00**/door

Cash Prize Awarded for Best Western Outfit

For Tickets & More Info., Contact

Woo & C.T. (202) 217-7212

Babi & Bobbi (301) 596-6167

Gladys (202) 398-2307

Willette (202) 398-7866

Toni Stevenson (410) 727-1860

Lady B. (202) 628-LADY

Fe*Mail!™

is mailed to over 1,000 local lesbians of color in DC

$20 for 12 issues

*events and parties for the Lesbian of Color
*uniquely informative and entertaining reading
*mailed monthly in a plain white, private envelope

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PERSONALS

SBF: *Rugged and Suave, Professional, Fun-Loving Traveler.* ***ISO:*** *Classy, chic, well rounded ferm. 5'-5'1" over 35 yrs. wanting a relationship to* ***build a future.*** *Call* ***this contractor***

SB Butch in search of SB lady who stills likes to show her pretty legs, and not into games playing (fun games excluded). You, over 35 yrs. 5'-5'5". Me over 40, 5'7' about 128lbs. Looking for friendship first, possible relationship. If it does not work, i will have gained another friend in my life and hopefully you will also. Bright Eyes

Interested in meeting other lesbians of color? *Fe*mail* wants to know if lesbians of color are into Personal ads. If you would like a Personal of your own, **call *Fe*Mail* at (202) 546-7040**

Bus Trip to New York City for June Pride 1996

Round-Trip Bus and Hotel Accommodations
Departure: Saturday, June 29 at 8:30 a.m.
Returning: Sunday, June 30

Round-Trip cost for Double Occupancy $149
Round-Trip for Single Accommodations $209

For Tickets and Information
Kayo Productions - P.O. Box 75786
Washington, DC 20013 202-399-0459

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are a

definite "turn on"

(1) for $12.00 ~~ (2) for $20.00

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Valerie Phillips
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Valerie will personalize a switchplate using photos of you or your special friend (negative necessary). Full Color available too! For more information call (202) 837-9877 (Voicemail/Pager).

Switchplates, T-Shirts and '96 Diva Calendars will be on sale at the Banneker Field, Sunday May 26. Be there!!!!!!!

--Allow 3 weeks for mailing --

Big Will Productions

presents

"The White Affair"

Saturday, June 29, 1996

10pm-3am

at

Jenny's Show Lounge

401 M Street, SW

Tickets: $12 advance
$15 door

Mini Show
Live Entertainment
Lavish Buffet
50/50 Raffle
Cash Bar

Tickets & Info

Willette	202-398-7866
Gladys Paige	202-398-2307
Woo/CT	202-217-7212
Delores Eaton	301-350-2004
Lady B	202-628-LADY
Cricket	410-488-9885
Toni Steveson	410-727-1860

$Cash Prize for the most sexy, sensational bare-as you-dare white outfit!

14

Photo by: Valcric Phillips (202) 837-9877

Advertise Your Events and Business

Fe*Mail is privately mailed to over 1,000 lesbians of color in and around Washington, D.C. Advertise with ***Fe*Mail*** now!

AD	Size	Price
BUSINESS CARD	2x3.5	$ 99
1/2 PAGE	5x4	150
FULL PAGE	5x8	275
BACK PAGE	5x8	300
CENTERFOLD	5x8 + 5x8	375
EVENT PAGE	3-5 LINES	50

Contact Pat Borah at 202-546-7040 for additional information

WOMEN IN THE LIFE

DC'S PREMIERE LESBIAN MONTHLY

BLACK PRIDE WEEKEND

EVENTS

FRIDAY, MAY 24
10PM–3AM

PRE-PRIDE KICKOFF PARTY

at
DIVERSITE NIGHTCLUB
1526 14th ST. NW, WDC
(14th St. between P & Q Sts)
featuring
D.J. INDIA in the front room
Reggae in the back room
and over 400 of the finest women in the world

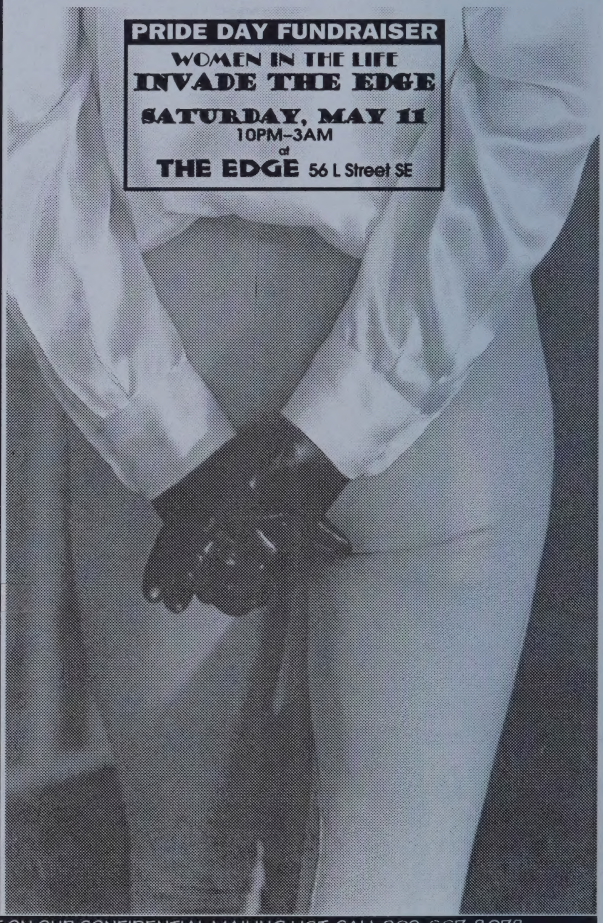
SUNDAY, MAY 26
10PM–3AM

PRIDE NIGHT BLOWOUT

at **THE BABYLON CLUB**
911 F Street NW
(9th & F Sts. next to 5th Column Club)
featuring
3 Floors of Dancing • 4 Bars
3 DJs including **DJ INDIA & DJ TRACY**

LIVE ENTERTAINMENT
featuring
DAJAE
"Brighter Days"
"Day by Day"
"U Got Me Up"
and over 600 of the finest women in the world

PRIDE DAY FUNDRAISER
WOMEN IN THE LIFE
INVADE THE EDGE
SATURDAY, MAY 11
10PM–3AM
at
THE EDGE 56 L Street SE



FOR MORE INFO OR TO GET ON OUR CONFIDENTIAL MAILING LIST, CALL 202-667-8078

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Charlotte Smallwood, Editor
E-mail: femaildc@aol.com
Project of Carter Associates Publishing
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Photo by: Focal Point Photos

Dancer of the Month: ***Sweet Luscious "Tonya"***
Birthdate: March 24 5'2" Likes Traveling Swimming & Dancing

JULY 1997

In this Issue:

Where Have All the Diva's Gone?
Black Coffee!
Loving the Who in You
Womyn's Sun Signs

Ladies Night

EVERY THURSDAY NIGHT

Featuring

A Clean and safe environment

Secured Premises

Thursday, August 14

A Pre-Aloha Party honoring "Hint of Hawaii Cruise"

Thursday, August 21

Come celebrate Wandra "Woo Woo's" Birthday Party

$6 Doors Open
Edge VIP Members-Free Admission
Shows start around 12 midnight
Having a birthday? Call WooWoo at 202-610-EDGE

THE EDGE
#56 L Street, SE
202-488-1200/202-610-3343

Womyn's Sun Signs

by Zann & Zannlo

This column is designed to introduce you to a fun way to view the astrological signs of womyn who love women. It's not written in stone so just enjoy the ride.

Cancer is the fourth sign of the zodiac. This sign brings in the summer solstice on June 21 and leaves the sign approximately July 21. The planetary ruler is the moon. Cancer is feminine, receptive (negative), and a water sign. The element water can be described as feelings, emotional, and responsive. Its quality is cardinal, meaning action initiating and ambitious. Cancer can be described as 'active feelings'. The symbol for this sign is the crab. The crab carries her house on her back and moves through life in a curious zigzag way, sometimes snapping unnecessarily. The armor of the crab hides its extremely sensitive interior from the worldview. Cancer displays similar traits with their emotional ups and downs which is likened to the ebb and flow of the water and the tendency to preach unnecessarily may be compared to the crabs snapping.

Cancer represents the fourth period of life, age 21-28, the Cancerian personality can be likened to the young adult seeking to establish her own home, career and perhaps family for the first time. The parts of the body ruled by the sign are: stomach, breasts, nutrition, digestion and uterus. **Colors:** Pale colors, creme, white. **Angel for the month of June:** Muriel. **Stones:** Moonstone, pearl, Peridot. **Day:** Monday. **Five Positive Key Words are:** Sympathetic, Industrious, Sociable, Thrifty and Protective. **Five Negative Key Words are:** Argumentative, Moody, Sensitive, Emotional and Martyrs. Cancers are especially vulnerable to influences by the phases of the moon. They respond to life through their emotions rather than their mind. She tends to crave a great deal of emotional nurturing in relationships. The Cancer womyn needs emotional security and often has trouble letting go of old relationships, old possessions and the past. When a Cancerian loves she can become deeply emotionally attached to her partner. She sends a mixed message to her partner, because she is afraid of her emotional vulnerability and of being rejected that she tries to reject the person she loves. When the partner starts to withdraw, the Cancer feeling insecure starts to **'pull at her again'.**

She is attracted to **Scorpio, Aquarius and Pisces:** Let's examine how each sign responds to the Cancer.

The **Cancer/Scorpio** combination can work harmoniously. Both are water signs, which are concerned with the expression of deep emotion. these two womyn will feel a strong emotional bond. Although they can, usually feel

(continued on page 8)

Loving the Who in You

shared with you by Margo L. Williams & Cheryl Reese

The summer months, June, July and August, often puts us in touch with Mother Nature and feelings of exuberance for life, love for ourselves and those close to us. We share with you in love, the poems in which we find both inspirational and serve as a reminder to love ourselves. Patricia Lynn Reilly wrote these two poems, **"Be Full of Yourself"** and **"Imagine A Woman"**. She may be contacted at Open Window Creations, P.O. Box 8615, Berkeley, CA 94707, for additional information about her work.

Be Full of Yourself!

You are capable. You can do whatever you set out to do. You have everything you need within the grasp of your mind and your imagination. The power of the Universe pulsates through you.

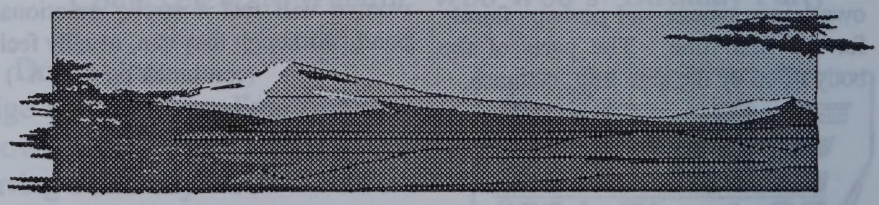
You are a warrior. Change what doesn't work for you. Exert, initiate, and move on your own behalf. The courage of the universe pulsates through you.

You are giving birth to your own life. Touch the depths of your uniqueness. Love your mind. Express your feelings. Speak your truth. The solitude of the Universe pulsates through you.

I support you in your power, your courage, and your solitude. Be full of yourself!

Imagine A Woman

Imagine a woman who believes it is right and good she is woman. A woman who honors her experience and tells her stories. Who refuses to carry the sins of others within her body and life.



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Margo L. Williams, M.H.S., LPC Cheryl D. Reese, M.H.S., LPC

When: August 2, 1997 9 a.m.- 4 p.m.

Cost: $69.00

$30.00 Deposit due upon registration

Registration deadline: July 27, 1997

Space Limited (Register Early)

Call 202-429-6511 or (301) 952-9456 (Registration or additional details)

Don't you get it yet!

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$20 for 12 issues annually

-Events and parties for the Lesbian of Color
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-Mailed monthly in a plain white, private envelope
-Look for special discount ads available to subscribers

Miss Whites' World

WHERE HAVE ALL THE DIVAS GONE?

I know there are Divas out there. HELLO! HELLO! Where are you my Diva Sisters? It's Saturday night. The invitation has been RSVP'd. The escort has been chosen. What do you wear? What do you wear? If you have chosen that perfect little black dress of which you own about ten, then you are the DIVA that I think you are.

There are some DIVA SISTERFRIENDS I have had the pleasure and displeasure of meeting (is that a DIVA thought?). And I have asked them their thoughts on this sensitive subject--WHERE HAVE ALL THE DIVAS GONE? Needless to say, the names have been changed to protect the innocent:

SISTERFRIEND 1, let's call her Miss P. Now this sister sleeps in "4 inch, lay me down, Oh My God Pumps" She said: DIVAS are gracious, classy, and down to earth. They know where to go, how to dress and are never loud or obtrusive.

ANOTHER DIVA, let's call her Miss Vanessa, was so much a DIVA, she wouldn't (or couldn't) think of a thing to say. Why give away all her secrets? I wonder what she's not saying girls.

Now DIVAS never tell their age because as MAMA DIVA always say: "A woman who tells her age will tell anything". With this in mind my DIVA SISTERFRIENDS, who will wear the PUMPS? Who will carry the torch? The torch cannot be carried about with platform shoes, not with sneakers and pants. It cannot be upheld with foul mouths and uncouth attitudes. DIVAHOOD cannot be continued with disrespect for ourselves and our SISTERFRIENDS. A true DIVA stands tall with ATTITUDE!

Everyone wants to talk to a DIVA, every wants to take a DIVA out, they surely want to.....well, you know.

DIVAS require a lot of maintenance--MANY HAVE TRIED--FEW CAN PROVIDE. Some people are even afraid to talk with a DIVA, imagine that.

(Continued on page 17)

(continued from page 3)

what the other experiences, they may have trouble understanding each other. The Cancer womyn is concerned with emotional nurturing and Scorpio embraces life with a total intensity, going through powerful transformative experiences. Even though they approach life differently, this couple can overcome any difficulties. Sexually, these two can be compatible because both are deeply emotional and passionate in their approach to love.

Cancer/Aquarius combo requires a lot of patience, tolerance, and acceptance from both parties. Cancer approaches life entirely from an emotional point of view, while Aquarius, approach life from a cool, objective mental standpoint. The Aquarian womyn may find the Cancer woman's desire for emotional reassurance exasperating at times. These two womyn will have to work hard to overcome their differences. Once the differences are accepted, they will enrich each other's personalities. Sexually, these two womyn may have to work to attain capability.

The **Cancer/Pisces** combination is generally very harmonious. Since both are water signs, they are highly empathic and emotionally sensitive. Each woman may be able to easily tune into the other's feelings. Perhaps they can be almost too emotionally intertwined with each other. The Cancerian wants to know where the Picean stands in the relationship, but the Picean can't often give a clear picture. This relationship can be a very strong one but some problems can arise due to the subtle differences in the way they approach life. Each womyn can be very nurturing of the other, and both are able to express warm affection and intimacy.

Message of the Month: Receiving is an Expression of God's Trust.

Let us hear from you!

CALL

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No Costumes are required for

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IN

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from DC, Baltimore, Atlanta, NYC, Miami, Chicago and most East Coast cities
$1,025 from Los Angeles; $1,095 from San Francisco; $1,075 from Detroit!
Don't see your city? More Information? Call 202-543-9344

PHILADELPHIA'S UNEQUE PRIDE IN LIVIN' COLOR "INDEPENDENCE WEEKEND"

FRIDAY, 4th OF JULY, 1997at "Club Skyline"
DJ Sedrick (of Tracks 2000 & The Edge, DC)
$7 Admission

SATURDAY, JULY 5th, 1997
Eat, Drink, & Party on "Uneque"
Enjoy a "FREE" all day Barbecue on private "Lemon Hill"
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presents its

1st Annual Leadership Dinner & Issues Forum

DINNER

September 9, 1997

Legislative week activities.

ISSUES FORUM

September 11, 1997

Part of the Congressional Black Caucus

BLACK COFFEE

Inspired by j0J0

Pour me another cup of BLACK COFFEE.....As I bathe my mouth in daily lies and the subtlety of one of America's best kept hypocrisies. The number one drug in these "united" States is caffeine.

Me? I became a caffeine junkie that is, after I put down my last drink. I had spent countless hours at twelve step meetings getting high on the illusion that I was in recovery. There I sat, ever so proud that I was no longer slamming alcohol or dope, one hand clenched around my coffee cup as I patted myself on the back with the other. The startling truth can make or break an addict in recovery. Caffeine and sugar are the worst possible substitutes for drug or alcohol addiction, because they are just that; substitute addictions. According to Dr. Jean Kirkpatrick, founder of Women in Sobriety, "a diet of caffeine, sugar, white flour, and junk foods can cause us to crave the drugs we vow never to touch again".

Yet no one forces us to drink from the muddy waters set before us at meetings. But why maintain the myth that everyone's drug free now? More to the point, why must we all rely on one drug or another?

We live in a world of the "sedation equals bliss" mentality. Although caffeine is not sedating, it nonetheless chemically alters the way we think, feel, and behave.

What choices are there? Spring water and fresh fruits could replace the coffee and doughnuts at twelve step meetings. Royal Jelly, Wheat grass and other natural substances can give us the morning rush we seek in coffee. We could actually be healthy and create in our bodies a balanced metabolism. We could feel better. It is possible to create for ourselves good energy for a lifetime.

What would that mean? Maybe eyes to see how beautifully the wind ripples through the trees as we wait at a stoplight. Or the experience of sheer delight as we listen to someone laugh, knowing we had been able to tickle their funny bone. It might mean a sudden appreciation of the way your lover's hair smells, or the first time you truly indulge in the taste of a blackberry. Maybe you'll find your sense of touch heightened to the point that you enjoy feeling your own sleeve when you wear that silk shirt. You might even strengthen your sense of self so much that a new creativity emerges, along with a sense of direction and commitment. You may discover new passions. As a result of choosing to find the richness in each moment, you will most likely start producing endorphins, a natural hormone that's released during healthy physical and spiritual activities. This is a good thing to which to get addicted. They can be stimulated by running, jumping on a trampoline, massages, meditation, relaxing in front of a fire place, or a hug. We should strive to produce endorphins as often as possible. It's a natural high.

It is possible to live life without any anesthesia. It is possible to become so attuned to daily joy that heartache becomes easier to bear. We really don't need caffeine any more that we need alcohol or other drugs.

Me stuck with a caffeine jones? Not anymore. It's time that America brew another cup of standards from which we gulp our judgements on the very drug epidemic that keeps us ensnared in the trap.

end

(continued from page 4)

Imagine a woman who believes she is good. A woman who trusts and respects herself. Who listens to her needs and desires, and meets them with tenderness and Grace.

Imagine a woman who has acknowledged the past's influence on the present. A woman who has walked through her past. Who has healed into the present.

Imagine a woman who authors her own life. A woman who exerts, initiates, and moves on her own behalf. Who refuses to surrender except to her truest self and to her wisest voice.

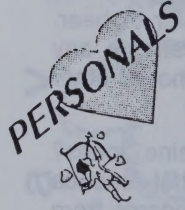
Imagine a woman who names her own gods. A woman who images the divine in her image and likeness. Who designs her own spirituality and allows it to inform her Daily life.

Imagine a woman in love with her own body. A woman who believes her body is enough, just as it is. Who celebrates her body and its rhythms and cycles as an exquisite resource.

Imagine a woman who honors the face of the Goddess in her changing face. A woman who celebrates the accumulation of her years and her wisdom. Who refuses to use precious energy disguising the changes in her body and life.

Imagine a woman who values the women in her life. A woman who sits in circles of women. Who is reminded of the truth about herself when she forgets.

Imagine yourself as this woman.



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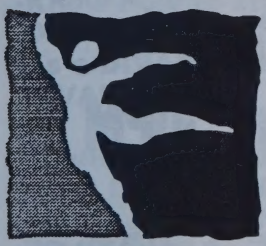

6th Annual
White Affair

Days Inn, Gateway
2700 New York Avenue, N.E.
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10:00 p.m. - 3:00 a.m

lavish buffet — cash bar — entertainment
dancing —door prizes — 50/50 raffle
free champagne 10:00 p.m. — 11:00 p.m.

Cash Prizes Awarded For The Most Chic
And/Or Sexiest White Outfit (Male & Female)

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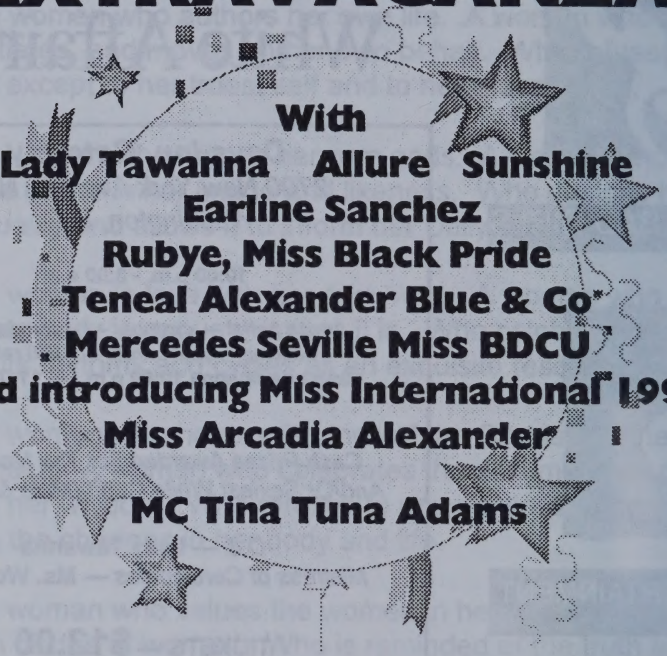

Sunday, July 6, 1997
Doors Open 8PM showtime 10PM

Bachelors Mill 1104 8th St. SE WDC

(Continued from page 7)

White's World

People afraid of DIVAS? DIVAS NEED LOVE TOO! If you prick us do we not bleed? If you hurt us do we not cry? Of course not, you silly girl.

Don't be afraid SISTERS. Yes we do indeed have quick minds we were taught by the MAMA DIVA. The PUMPS are in the closet. The torch is on the shelf. We won't hurt you, sometimes we even let you plead to come back to us, but that's another article.

WHERE HAVE ALL THE DIVAS GONE?

So my little SISTERFRIENDS, as the great DIVA PATTI LABELLE once said: FLUFF UP! BEAT THAT FACE! AND FOR DIVA'S SAKE--GET THOSE PUMPS OUT. BUY THE COCKTAIL DRESS--THE PARTY WILL COME!

I will be watching you, my DIVA WANNABEES. And my fellow DIVA SISTERFRIENDS, if you are out there, let me know who you are. Let the world know. Especially let our your SISTERS know. For after all we, well, some of you were once as they were. Until next time, my PUMPS are off to you!

SOME THOUGHTS ON DIVANESS

A TRUE DIVA WOULD:

-Cry buckets if she had no PUMPS.
-Know how to stand-up, definitely walk and sit down.
-Own the most exquisite lingerie.
-As a DIVAPUP, never dressed for a boyfriend, but for other DIVAPUPS.

-Wouldn't frolic with people who were in jail, going to jail or want to be in jail.
-Would always share. DIVAS WANT ALL HER SISTERFRIENDS TO BE DIVAS.
-Understand how to do most anything, DIVAS seek opportunities.
-Make a good impression.
-Have no regrets.

You cannot hide a DIVA.

Well my DIVA DARLINGS, as you can imagine, being a DIVA is "a tough job", but someone has got to do it. If you have more DIVA thoughts fax them to MISS WHITE'S WORLD c/o Fe*mail at (202) 265-2608.

PERSONALIZED SPIRITUALITY

by Ubax

I come from a long-line of spiritual women. I could never understand why they clung so fiercely to a set of beliefs that dishonored and discounted so much of who they were--and, what they did. But, I was taught very early that spiritual, i.e., religious rituals, were not necessarily meant to make you feel good about yourself; rather, they were an insurance for feeling good "later on". So, I began to perform these religious rituals to gain affection from my mother; to gain acceptance from my community; and, to pretend at feeling better than another person. I always had an impending sense of doom, and, desperation that was integral to my religious rituals. It has taken me years to learn that there are differences between religion and spirituality; and, that I can worship out of fear, or, out of joy.

I rejected my birth religion at the age of 14, mainly because It had rejected me a long time ago--I just didn't realize it. In the midst of the dogma of the religion lay a spiritual treasure that remained inaccessible until I learned to differentiate between "religion" and "spirituality". The former was a perplexing series of warnings about who not to be, and, what **not** to do; it felt as if I was to deny human frailties in the service of ritualized perfection. And, the love, mercy, and, blessings of the Higher Power were conditional upon maintaining these rituals. I don't remember adhering to the major requirements; but, I always wondered why the Divine One wanted little girls' clitori to be excised?; or, why women had to cover themselves heat-to-toe in sweltering climates?; or, why a man could have more mates than what was allotted to women? As you may remember, children are very brave with their questions, and, the older I got, it became safer to relinquish the religion rather than pursue the questioning.

(Continued from previous page)

Practicing my religion began to feel as hollow & unconscious as being in my father's company. The rituals began to cause me the same anxiety I felt whenever I tried to get approval from my mother. What really baffled me, however, was why the powerful, intelligent, and, beautiful women of my family were committed to these rituals. **This** was insurance that was **not** making me feel secure. And, so, began many years of being spiritually orphaned--exploring different faiths; and, always resenting the serenity of individuals who had found a Higher Power of their comprehension.

It was in a community of individuals, who are recovering from chemical dependency, that I began to explore different ways of worship. I first met this community in April, 1987, and,heard in a meeting this slogan: "Religion is for those who are afraid of Hell; Spirituality is for those who've already been there." It was that quotation that allowed me to really believe that how I worship is a reflection of how I feel about me. In fact, what the women in my family were clinging to may not have been the abusive rituals; but, they had learned to distill from the religion a set of tools with which to forge a personal spirituality. I did not have the interest to do what they did in the same religion, but, it did not mean that I could not find **my** personal tools from another set of rituals.

While I never discuss details of my spiritual rituals, I have no hesitation in discussing the benefits of a developing spirituality. It has been said that the way in which we live this life is the rent we pay for the space we occupy. I consider my spirituality the lease, with which to pay the rent; spirituality allows me to be aware of my responsibilities to my life, and, to those in & around me. And, in focusing on the life that I am currently entrusted with, I remain protected from speculations about eternity.

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D.C.'s SEXIEST GIRLS

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LADIES: $6.00
MEN: $15.00

TIME: 6:00 PM
JULY 6, 1997

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What! Why! How!

Sisters, my beautiful African American Sisters, "What's going on". Ladies Nite at Bachelor's Mill on Friday nights has now relocated to the Delta Elite, because our young sisters are too busy fighting over possession of a former lover, present lover, or just fighting because they feel today, that's the thing to do. "Ladies Nite" on Thursdays at Out of the Blue is now located at "Mickey's Patio and Out of the Blue is now located on "U" Street, NW due to change in management. "Girls on the Side", a neighborhood lesbian club located in a very good location, closed down due to our sisters complaining about small attendance. Didn't you know it takes someone to start the crowd? Why is most of our gay clubs or organizations predominately male or non-African American and still operating?

The few African American sisters who sacrifice themselves to try and have space available for us to meet, try to inform you through phone calls, distributing flyers, etc. are almost feeling "burnt out" because they are struggling alone. Must we always lay back and bitch and complain about the lack of things to do and places to go for our African American sisters. Sister, why do we read in newspapers, see on the TV, hear on the radio non-African American organizations rallying and making statements in full force? The few African American organizations in our community struggles in fact to send out a "plea" for women to come out in numbers to support their issues.

If we continue to be silent or not be visible in our community, our issues will never be heard. What do you need to happen for you to come out and make a voice in the community? "VISIBILITY"! We need you my beautiful African American sisters to be visible, to voice our issues in numbers, to support and participate to make a statement.

In my opinion, let's stop bitching, stop complaining stop fighting, stop procrastinating, stop looking for the negative, but start being positive, productive, helping others and communicating with each other we can all come out and join in the struggle to make a difference in our community.

Sisters my beautiful African American sisters it's up to you!!

Comments 202-543-9344

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(Baltimore, Md/Washington, DC Chapter)
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"Hint of Hawaii Cruise"

Saturday, August 16, 1997
"The Lady Baltimore Cruise Ship"
301 Light Street, Harbor Place
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9:00pm-2:00am
Tickets: $30 per person

(These tickets are limited due to the popularity of our weekend package deal which includes the Friday Night "Aloha Party, The Saturday Night "Hint of Hawaii Cruise" and the Sunday "Land Lubbers Luau" for only $55 per person)

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